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ABSTRACT

The manual describes activities designed to teach dance to adolescents with mild mental retardation. It is explained that the manual can be used in a sequential 25-week course in a mini-approach, or as a special event or performance guide. Expected outcomes are considered, including increased self-confidence, improved peer cooperation, and increased independence. The bulk of the manual is composed of 30 activity lessons which include information on goals and objectives, tasks, organization, and teaching emphasis. Activities are grouped into five units: movement orientation, movement exploration, dance foundations, rhythms, and dances. Also included are provisions for evaluation of student progress at the conclusion of each unit. Evaluation forms are provided, as is an assessment evaluation instrument for pre- and post-testing. (CL)

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Teaching Dance to Educable
Mentally Retarded Adolescents: a
Curriculum Guide for Educators
and Recreators

by
Cynthia D. Crain, Ed.D.

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* These sections are tentatively planned for inclusion in the manual.

Introduction

The activities in the dance activity manual were developed by the author with help from professional teachers in the fields of music, dance, motor development, and special education. After the manual had been drafted, it was reviewed by a curriculum consultant from the American Alliance of Health, Physical Education and Recreation and professors in special education, adapted physical education and motor learning. Recommendations were made and the result was the present manual.

Although the manual has not been field tested, these activities were used in a 10 week research project to teach dance to a class of EMR adolescents. An evaluation of the 10 week project, completed by the EMR adolescents, revealed that they enjoyed the square, folk and the tinikling dances the best. The research findings showed that the majority of students were successful in fulfilling most objectives for each lesson comprising the curriculum and that the activities presented in this manual were cumulative, i.e., skills achieved in sessions one, two and three laid the foundation for the accomplishment of complex skills in sessions 27, 28, and 29.

Findings from the research project revealed that some potential benefits to EMR adolescents who participate in the dance program are:

1. Improved peer cooperation
2. Improved ability to initiate positive interaction with others
3. reduced shyness
4. reduced imitation (or copying)
5. improved ability to successfully peer teach others
6. reduced disruptive behaviors
7. improved constructive behaviors

8. improved movement foundation skills
9. improved rhythms skills
10. improved dance skills
11. improved ability to perform for others; and
12. improved self-confidence

Purpose

The purpose of the dance manual for EMR adolescents is to guide and assist teachers, recreators and other professionals who desire to provide dance training to EMR adolescents. The activities in this manual may be used: (1) sequentially to teach a 25 week, twice a week dance program (2) randomly to teach a mini-series on dance or (3) occasionally as a special event or for a performance.

Goal

The goal of the manual is to provide beneficial information, materials and activity lessons that will enable the non-dancer to teach dance to EMR adolescents. Also, the manual will assist those professionals who are in the process of conducting dance programs by providing new ideas and examples of activities that could be incorporated into the existing program. As stated previously, the manual has not been field tested and is, therefore, not recommended as the "only" way to teach EMR adolescents how to dance.

Objectives

Through the use of this manual, it is intended that the following objectives be fulfilled. These objectives are:

1. Through participation in dance activities, EMR adolescents will be helped to improve as contributing members of society.

2. Through participation in dance activities, EMR adolescents will develop or improve skills that will help them to make better use of their leisure time.
3. Through participation in dance activities, EMR adolescents will be able to decrease destructive behaviors and increase constructive behaviors.
4. EMR adolescents will improve social, physical and psychological development due to participation in a dance program.
5. Through participation in dance activities, EMR adolescents will develop "normalization" skills so that they will be equipped and have a better chance of succeeding in situations where they must co-exist and interact with non disabled peers.

Predicted Outcomes

Many authors have published polemical articles positing the importance of dance in improving disabled persons' physical, social and psychological development. To date, however, little research has been conducted to support or verify the polemics.

What is known, so far, is that dance may promote a constructive use of leisure time, may help facilitate normalization and may increase opportunities for social interaction resulting in peer acceptance (Crain, 1981, Frith, et. al., 1980). Also, studies by Kehle and Barclay (1979) revealed that EMR adolescents often exhibit adaptive behaviors (e.g. fighting and swearing) and therefore there is a need to provide dance activities to help EMR adolescents learn to improve constructive behaviors e.g. initiate positive interaction with others and cooperation.

Specifically, the potential outcomes of the dance program on EMR adolescents are delineated below. Therefore, during the course of the program, the effect of dance training on EMR adolescents may occur in one or more areas, when appropriate:

1. improved leadership ability;
2. increased independence;
3. reduced shyness;
4. increased self-confidence;
5. improved peer cooperation;
6. reduced disruptive behavioral characteristics;
7. increased constructive behavioral characteristics;
8. increased physical skill proficiency level; and
9. increased skills in overall performance abilities.

Dance is a non-competitive activity. Through strenuous activities the EMR adolescent is provided the opportunity to build strength, stability and coordination. Square and folk dances provide EMR adolescents the opportunity to participate in fun activities that depend on social interaction (curtsy and bows) and peer cooperation to successfully achieve performance objectives. Also, learning dances will help the EMR adolescents and non disabled adolescents participate together in these activities. Finally, successful achievement of the dances and the ability to perform a dance in front of peers, provides an opportunity for the EMR adolescent to build character and improve self-confidence.

EMR adolescents need to be provided the opportunity to experience successes instead of the typical "experiences of failure." Successful accomplishments in a physical activity "will provide a positive disposition

for approaching other tasks." Dance as a challenging and non-competitive physical activity is a means of meeting the needs of EMR adolescents. Dance is an important medium that emphasizes and builds an individual's strengths rather than dwelling on weaknesses" (Hill, 1976:6).

Suggestions for Using the Manual

The major content areas included within the manual are: 30 activity lessons; forms to determine the students' progress in fulfilling lesson objectives; assessment/evaluation instrument; and units and comprehensive testing instrument. The different content areas are discussed in detail below.

Activity Lessons

If the 30 activity lessons are used sequentially in the dance program for EMR adolescents, it is suggested that the lessons be 25-30 minutes in length, and conducted at least twice a week. Depending on the abilities of the group, the lessons should be implemented once (e.g. lesson 1.0 on the first day of the program through lesson 30.0 on the 30th day of the program) and repeated if necessary (e.g. lesson 1.0 on the first, second and third day of the program) until 50% of the class has successfully achieved 75% of the objectives for each lesson.

The lesson plan has been arranged so that the instructor is aware of the specific student objectives for every lesson, specific tasks to be conducted during the session, class arrangement, teaching concepts to be emphasized, and necessary equipment.

Objectives

Objective forms are available for each of the 30 lessons. These forms are identical to the respective written objectives listed at the top of each lesson plan.

The objective forms are beneficial to the instructor who wishes to maintain consistent observation of the student's progress throughout the program.

Units and Comprehensive Examinations

The lessons have been organized into five units. These units are:

1. Movement orientation - designed to provide the instructor an opportunity to assess each student's movement abilities and to provide simple tasks in which to build a foundation for growth.
2. Movement exploration - designed to increase the movement repertoire and to develop skills that will be needed later in the successful performance of dances.
3. Dance foundation - designed to teach basic dance steps and combinations.
4. Rhythms - designed to teach new skills and refine established skills in the area of meter, types of rhythmic patterns and tempo, that are necessary to enhance dance performing.
5. Dance - designed to provide the opportunity for students to learn and perform dances that will help in each individuals social, physical and psychological development.

There are approximately six different activity lessons per unit. At the conclusion of each unit, the respective lesson plan is designed so that an examination is administered to the students to evaluate their progress so far. The examination should indicate whether to repeat the unit or to progress forward to the next unit. The unit examinations are included as part of the objectives forms.

The final objective form is the comprehensive examination of various tasks from the five unit lessons. The comprehensive examination is

used to indicate skill level and retention of the various tasks presented throughout the program.

Assessment/Evaluation Instrument

The dance assessment instrument should be administered during the first and last week of the program. It is suggested that the assessment be administered twice or four times total. That way, if a student is absent, or is not performing at his level of potential he/she has a second chance.

The instrument is used at the beginning of the program to indicate to instructors the strengths and weakness or skill proficiency level of the students initially. The instrument is used at the conclusion of the program to evaluate each student's progression and skill proficiency level after exposure to dance training.

The results from the instrument combined with the results from the objectives forms, should give both instructor and students information on achievements and accomplishments from the beginning to the end of the dance program. This information is beneficial in maintaining records for purposes of program accountability.

Behavior Modification (B-Mod)

Many articles have been published on the need for B-mod techniques to manage mentally retarded persons. The dance program, like any other program, requires the incorporation of B-mod techniques in maintaining a worthwhile and efficient program.

B-mod is not only necessary in controlling disruptors and those seeking attention through negative means; but, most important, it positively recognizes and rewards those students who are diligent participants. Without a B-mod, the disruptors often receive the most attention, while the cooperators are left alone.

Unit 1
Movement Orientation

ACTIVITY 1 - MOVEMENT ORIENTATION AND ASSESSMENT

Goal 1.0 Demonstrates abilities in the physical, psychological and social areas through physical fitness, rhythm, and perceptual motor tasks in movement/rhythms activities.

Objective 1.1 The Student should be able to:

1.11 Participate in the activities 100%.

1.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 10 minutes</u>		
1. Practice running in place for 1 minute. Time the students with a stopwatch.	1. Students are scattered around the room with sufficient space to avoid body contact.	1. Encourage students to vigorously move for 1 minute without rest.
2. 4 aerobic dance steps are introduced. They are: - jump 16 counts - hop Right foot (Rf) 8 counts	2. Seat students to introduce steps. Chart the steps. Clap the rhythm with the music. ("Nine to Five").	2. Emphasize high jumps and hops. On <u>Student Choice</u> , stress different steps for each student.

Tasks	Organization	Teaching Emphasis
<p>- Student choice 16 counts</p> <p>Repeat until the music ends.</p>	<p>One at a time, the students demonstrate their movement for the "student choice."</p>	<p>Encourage shy students to demonstrate a step for their peers.</p>

Skill Development - Application: 20 minutes

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Assess the students' abilities by administering the "Movement/Rhythms Assessment."

(The instrument is located in the appendices, page</p> | <p>1. Divide the class into 3 groups. A drum beat may be used, if necessary, for accompaniment.</p> | <p>1. The groups are allowed 1 trial per test item. All students respond to the movement questions simultaneously to impede imitating. Verbal prompts may be used, but no demonstrations.</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Conclusion: 5 minutes

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|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <p>1. Discuss the term physical fitness. Ask the question: "Describe (or tell me about) the word physical fitness?"</p> | <p>1. The class is seated. A chart is used to record the students' descriptions.</p> | <p>1. Emphasize that there are no right or wrong words to describe physical fitness. Assist those students who are shy.</p> |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|

ACTIVITY 2 - MOVEMENT ORIENTATION AND ASSESSMENT

Goal 2.0 Demonstrates abilities in the physical, psychological and social areas through physical fitness, rhythm, and perceptual motor tasks in movement/rhythms activities.

Objective 2.1 The Student should be able to:

2.11 Participate in the activities 100%,

2.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trial.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 10 minutes</u>		
1. Review the aerobic dance steps.	1. Students are seated. Volunteers are requested to demonstrate the steps.	1. Students should raise their hand to volunteer. - both feet should lift off the ground in the jump.
2. Perform the aerobic dance as a group to music.	2. The record is "Nine to Five." The students stand in a scattered formation.	2. The students should not rest during the song.

Tasks	Organization	Teaching Emphasis
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Skill Development - Application: 20 minutes

- | | | |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Administer the "Movement/Rhythms Assessment" for the second time.</p> | <p>1. Use a drum beat if necessary. Divide the class into 3 groups.</p> | <p>1. The groups are allowed one trial per item.
All students respond to the movement questions simultaneously to im-
pede imitating. Verbal prompts may be used, but not demonstrations.</p> |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

ACTIVITY 3 - MOVEMENT ORIENTATION

Goal 3.0 Demonstrates abilities in the physical and social areas through fitness exercises, group participation, space, and direction tasks in movement orientation activities.

Objective 3.1 The Student should be able to:

3.11 Participate in the activities 100%.

3.12 Jump 16 times, hop on the Rf 8 times, and hop on the Lf 8 times with 100% accuracy.

3.13 Respond to the action words freeze and move without contacting the body of a peer with 100% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 10 minutes</u>		
1. Practice running in place for 1 minute. Time with a stopwatch.	1. Students are scattered around the room.	1. Encourage students to continue moving for 1 minute. Lift knees towards chin when running.
2. Review the aerobic dance without music.	2. Students are standing.	2. Ask for volunteers to demonstrate steps. Emphasize counting and memorizing step sequence.

Tasks	Organization	Teaching Emphasis
<p>3. Practice the aerobic dance to music. The steps are:</p> <ul style="list-style-type: none"> - jump 16 times - hop Rf 8 times - hop Lf 8 times - student choice ("free choice") 16 times - repeat 	<p>3. Record is "Nine to Five." The students are in a scattered formation and standing.</p>	<p>3. In the hop step, the ankle of the bent knee leg should rest on the inside knee of the supporting leg. The supporting leg should clear the floor on each hop.</p>
<p>4. Locate the pulse and count the number of pulses produced during a 30 second time period.</p>	<p>4. Use a stopwatch to record 30 seconds. The students are seated. Chart the pulse rate counts.</p>	<p>4. Assist those students who are unable to locate their pulse.</p>

Skill Development: 5 minutes

1. Introduce the words freeze and move. Demonstrate the corresponding actions.

1. Students are seated.

1. Ask students to wave their arm and respond to the commands freeze and move.

Skill Application: 10 minutes

1. Play the game statues. The group moves to the Instructor's verbal commands-- freeze or move. Music is added during the last 5 minutes and the students keep time to the musical beat. Vary directions, - walk backward, sideward, turn.

Conclusion: 5 minutes

1. Sing the song "Puff the Magic Dragon" and "You Are my Sunshine."

1. The students are scattered. The record used is "Tijuana Brass."

1. Students walk around the room in a large circle when the command move is heard. The students pose as statues when the command freeze is heard. Remind the students not to touch the body of a peer when walking.

1. A piano is used for accompaniment. Students are seated in a semi-circle formation.

1. Purpose is for relaxation and fun.

ACTIVITY 4 - MOVEMENT ORIENTATION

Goal 4.0 Demonstrates abilities in the area of physical and psychological development through body awareness, space, direction, physical fitness tasks in movement orientation activities.

Objective 4.1 The Student should be able to:

4.11 Participate in the activities 100%

4.12 Jump 16 times while facing a partner and holding both hands, hop Rf 8 times, and hop Lf 8 times with 100% accuracy.

4.13 Respond to the action words freeze and move without contacting the body of a peer with 100% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Practice the aerobic dance. Take the pulse rate count before and after the dance.	1. The record is "Nine to Five." Students are scattered. Use a stop- watch for the 30 second timing.	1. Discuss cardio-respiratory benefits: - body warms-up - oxygen intake increases - blood circulation in- creases

Skill Development: 10 minutes

1. Review the game statues. Use music that is fast and some that is slow.

- vary directions
- vary speed
- extend length of freeze pose

2. Review the jump and the hop
 - individually
 - with a partner holding hands.Jump 16 and hop 8 times.

1. The record is Tijuana Brass. The students are scattered and standing,

1. The students are scattered. Use a drum to keep the beat.

1. Ask volunteers to demonstrate the concepts:

- fast/slow
- directions (forward, backward, sideward)
- turning

Remind students to move without touching peers.

1. Stress lifting feet and knees high. Partners face each other. If the right leg is lifted for partner A, then the left leg will be lifted for partner B.

Skill Application: 10 minutes

1. Introduce the tinikling dance.

Tape is used instead of bamboo poles for the preparatory stage.

Students jump between the tape strips 2 times and jump away from the strips 2 times.

- repeat the jump combination with a partner.

2. Clap the rhythm of the dance.

Tap the floor 2 times and then clap 2 times.

1. 2 Strips of tape (10' in length each) are

laid parallel on the floor. There is 2' distance between the tape strips.

The students line-up single file to the left of the tape strips.

1. Students are seated.

1. Students must lift their knees and feet high.

- The count is 2 jumps in and 2 jumps out.

- The students start to the left of the tape the first time. The second time they start to the right.

The cadence used is:

in, in, out, out

(1, 2, 3, 4.)

1. Stress a consistent beat.

Practice transitions.

Conclusion: 5 minutes

1. Relaxation. Practice posture control and breathing.

1. Students are seated in a scattered formation.

1. Stress:

- shoulders down
- back straight
- abdomen firm
- deep breaths

ACTIVITY 5 - MOVEMENT ORIENTATION

Goal 5.0 Demonstrates abilities in the physical and psychological areas in fitness and leadership tasks through movement orientation activities.

Objective 5.1 The Student should be able to:

5.11 Participate in the activities 100%.

5.12 Demonstrate the ability to lead the group members in 1 trial.

5.13 Execute 16 jumps, 8 hops (Rf), and 8 hops (Lf) four times with 100% accuracy.

Tasks	Organization	Teaching Emphasis
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Warm-up: 5 minutes

1. Practice the aerobic dance.
Time the pulse rate before
and after the dance.

1. The record is (Nine
to Five" and the forma-
tion is scattered.

1. Encourage students to
keep moving. Use a stop-
watch and time the pulse
rates for a 30 second
period.

Skill Development: 10 minutes

1. Review the tinikling combina-
tion from the previous lesson.
practice individually and
then with a partner.

1. Use the drum to keep
the beat. Partners
face each other and hold
both hands.

1. Students should lift
their feet 6-8" off the
ground. The focus is
up, not down.

Skill Application: 10 minutes

1. Each student leads the group in the tinikling routine at least 1 time.

2. With a partner, practice the tinikling dance to music.

Conclusion" 5 minutes

1. Clap the rhythm of the tinikling poles.

1. Formation is single-file, behind the leader.

1. The record is Tinikling. The meter is 4/4 and speed is slow.
2. Emphasize that the students follow the leader when jumping. Assist those students who are reluctant to lead. Students should perform as a team (stay together) during the dance. Students hold both hands with their partner.

1. Students are seated. The record is Tinikling.

1. Students tap the floor 2 times and clap 2 times. repeatedly, with the beat.

ACTIVITY 6 - MOVEMENT ORIENTATION

Goal 6.0 Demonstrates abilities in the physical and psychological areas in fitness and body awareness tasks through movement orientation activities.

Objective 6.1 The Student should be able to:

6.11 Participate in the activities 100%.

6.12 Participate in a tinikling routine with 75% accuracy--

Jump 2 times in and 2 times out.

Hop 2 times in and 2 times out.

Tasks	Organization	Teaching Emphasis
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Warm-up: 10 minutes

- | | | |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Practice the aerobic dance.</p> <p>Take the pulse rate count before and after the dance.</p> | <p>1. Record is "Nine to Five."</p> <p>Movement is in place and the formation is scattered.</p> | <p>1. Encourage students to keep moving and:</p> <ul style="list-style-type: none"> - lift knees high - relax arms - remember to breathe. |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Skill Development: 10 minutes

- | | | |
|----------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------|
| <p>1. Review the tinikling combination across 2 poles instead of tape.</p> | <p>1. The record is <u>Tinikling</u>.</p> <p>The meter is 4/4.</p> | <p>1. Students jump the routine and then hop the routine.</p> |
|----------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------|

2. Rhythm practice. The students practice the rhythm of the bamboo poles repeatedly to music.

Skill Application: 5 minutes

1. Perform the tinikling dance with bamboo poles individually.

1. The record is Tinikling.
The students are seated in a semi-circle.

1. The record is Tinikling.
The students are divided into groups of 2-3 members. 2 students are

All directions in the hop and jump are sideward. The students must jump and hop with a 6-8" clearance from the floor.

1. The cadence is:
down-down-together-together
(1 - 2 - 3 - 4)
The students tap the floor on counts 1 and 2 and clap on counts 3 and 4. It is important to stay with the beat of the music.

1. The feet and knees must be lifted high to avoid hitting the poles.

Practice the combination
with a jump step.

Practice the combination
with a hop step.

Conclusion: 5 minutes

1. Practice posture control.

Remind students to:

- hold abdomen firm
- breathe deeply
- shoulders down
- back straight
- head erect

needed to manipulate
the poles for the
group, or 1 student
and the Instructor.

1. Students sit in a semi-
circle

Emphasize a consistent
beat during the exe-
cution of steps. Slow
the tempo if necessary.

1. The purpose is for re-
laxation and postural
awareness.

Unit 2
Movement Exploration

ACTIVITY 7 - MOVEMENT EXPLORATION

Goal 7.0 Demonstrates ability in physical and psychological areas through nonlocomotor/locomotor role play, , problem solving, and self awareness tasks in movement exploration activities.

Objective 7.1 The Student should be able to:

7.11 Participate in the activities 100%.

7.12 Jump 16 times, hop Rf 8 times and hop Lf 8 times with 100% accuracy.

7.13 Demonstrate a movement that is characteristic of a tree blowing in the wind
(a minimum of 1 movement).

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Aerobic dance routine. Time the pulse rate count before and after the dance. The students should attempt a new movement during "student choice."	1. The record is "Nine to Five."	1. Encourage students to move vigorously and con- tinuously until the music stops,

Skill Development: 10 minutes

1. Introduce the terms locomotor and non locomotor movement. Define and explain.

2. Practice the tinikling rhythm using small poles. On counts 1 and 2 the poles are tapped on the floor. On counts 3 and 4 the poles are tapped together.

1. Students are seated in a semi-circle.

1. Students work with a partner and are seated. Each dyad is given 2 poles (3' in length). The record is Tinikling.

1. Ask volunteers to demonstrate a locomotor or non locomotor movement. Explain how a jump can be a locomotor or a non locomotor movement depending on whether one jumps in place, or jumps across the room.

1. Emphasize executing the movements with the beat. The cadence is: down-down-together-together

Skill Application: 15 minutes

1. The students practice the tinikling dance with a partner. Only the jump step is used.

2. Discuss the characteristics of a tree. Relate the tree's movements to the term non locomotor. Discuss what happens to the tree when the wind blows.

1. The record is Tinikling. 2 students are needed to manipulate the poles. Only 1 dyad performs at a time while the others clap the rhythm and observe.

2. Students are seated in a semi-circle.

1. The feet and knees should be lifted high and partners are encouraged to move as a team. The direction of the steps is sideward.

2. The students are asked to demonstrate different movements that are characteristic of a tree. There is no right or wrong answer although some are more appropriate. These questions are asked:

- "How does a tree grow?"

- "What do the branches do?"

3. The students listen to the music "Gone With the Wind" and dance. The movement is non locomotor in the dance.

3. The students are instructed to scatter and find their spot to dance. The song is "Gone With The Wind."

- "What happens when the wind blows?"

3. Students are instructed to prepare a beginning and ending pose for the dance. The students listen to the song and discuss movements that are characteristic of a tree blowing in the wind. Verbal prompts are used periodically to request larger movements from shy students. The students perform the dance and discuss their feelings at the end.

Conclusion: 2 minutes

1. Sing the song "Puff the Magic Dragon."

1. The piano is used for accompaniment and the group is seated in a semi-circle.

1. The purpose is for relaxation.

ACTIVITY 8 - MOVEMENT EXPLORATION

Goal 8.0 Demonstrates abilities in the physical and psychological area through non locomotor/ locomotor, problem-solving, and self awareness tasks in movement exploration.

Objective 8.1 The Student should be able to:

8.11 Participate in the activities 100%.

8.12 Jump 16 times, hop Rf 8 times, Hop Lf 8 times with 100% accuracy.

8.13 Demonstrate an action (e.g. washing dishes) to the rest of the group through role play.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Practice the aerobic dance. Check the pulse rate count before and after the dance. Review jump 16 times, and hop 8 times before the dance.	1. Record is "Nine to Five" and the formation is scattered.	1. Emphasize continuous movement without rest. Encourage students to lift their knees high on the hop and move vigorously. Students should be corrected for errors in sequence/transition.

Skill Development: 10 minutes

1. Review the tinikling dance using tape strips instead of poles. Jump 2 times between the strips and 2 times away from the strips, alternating sides.
 2. Review non locomotor and locomotor definitions. Chart examples of each on poster board.
1. The record is Tinikling and the meter is 4/4. Several students practice at the same time. The other students clap the rhythm and observe until their turn.
 2. The students are seated in a semi-circle. Students volunteer to demonstrate a locomotor or non locomotor movement.
1. Students should work individually and stress lifting feet/knees high when jumping. Practice a minimum of 4 sets.
 2. Students should demonstrate at least one non locomotor or locomotor step to be charted. Assist shy students to demonstrate a movement.

Skill Application: 15 minutes

1. Individual Role play. Each student is given a piece of paper with a different role.
1. Students are seated at one end of the room.
 1. Allow 2-3 minutes for students to practice their role play movements.

The different roles are:

- washing clothes
- drying dishes
- rocking a baby
- driving a car
- milking a cow
- catching frogs
- eating a meal
- riding a horse
- cutting grass
- flying like a bird
- playing ball
- making the bed
- climbing a tree

One end of the room is the stage and the other end is where the audience sits.

Only one student at a time is on the stage performing while the audience observes.

The audience guesses the movement that is being acted (similar to charades).

1. Discuss the audiences role in watching the performances. - listening quietly and applauding at the end.

Assist those who have difficulty reading the described role play and encourage shy students to participate. Provide movement suggestions if necessary.

ACTIVITY 9 - MOVEMENT EXPLORATION

Goal 9.0 Review of the major objectives covered in the units on movement orientation and movement exploration.

Objective 9.1 The Student should be able to:

9.11 Participate in the activities 100%.

9.12 Jump 16 times, hop Rf 8 times, hop Lf 8 times with 100% accuracy.

9.13 Respond to the action words freeze and move while moving around the room and without contacting the body of peers with 100% accuracy.

9.14 Perform the tinkling dance (with jumps only) individually a minimum of 4 times with 90% accuracy. Two trials are allotted.

9.15 Demonstrate one locomotor or one non locomotor movement.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Demonstrate 1 locomotor or 1 non locomotor movement.	1. Students are seated. One student performs at a time.	1. A volunteer is selected to execute a step. The group then guesses if. If the step is non-locomotor or locomotor.

Practice/Review: 15 minutes

*1. Perform the tinikling dance.

Jump in between the poles
2 times and out 2 times,
alternating sides. This
should be repeated 4 times.

2. Perform the game statues.

Review the cues freeze and
move using musical cues.
When the music stops, the
movement freezes, when the
music starts the group
moves.

1. The record is Tinikling.

Two skilled students are
needed to manipulate the
poles for the jumper.
2-3 students can perform
simultaneously since the
poles are 8-10' long.

1. The record is Saturday
Night Fever. Students

are standing and
scattered.
Use songs that are fast,
moderate, and slow.

1. Students are allowed
two trials. Start the
dance with the poles
moving (they should be
tapping the floor on
counts 1 and 2 and
together on 3 and 4).

1. Emphasize body control
and awareness to keep
from contacting peers.
Emphasize listening to
the musical cues and
tempo. Add locomotor
and non locomotor cues.

*Note: At this stage it was determined that the tinikling dance should be modified so that
instead of jumping 2 times between poles and 2 times away, the students should jump 4 times
between the poles and 4 times away. This changed improved success for most of the students.

Conclusion: 5 minutes

1. Perform the aerobic dance.

Check pulse rate count
after the dance with a
stopwatch.

1. The record is "Nine to Five" and the formation is scattered. A stopwatch is used to time the 30 second duration.

1. Encourage students to continue moving. Assist those who cannot find their pulse. Chart the pulse rate count for each student on a poster.

ACTIVITY 10 - MOVEMENT EXPLORATION

Goal 10.0 Demonstrates abilities in the physical and social areas through dance, partnering tasks in movement exploration activities.

Objective 10.1 The Student should be able to:

10.11 Participate in the activities 100%.

10.12 Jump 16 times, hop Rf 8 times, and hop Lf 8 times and keep the beat of the music with 75% accuracy.

10.13 Perform "I Like to Dance" with a partner at least 1 time.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Play the song "I Like to Dance" as a listening activity.	1. Song is "I Like to Dance." The students are seated in a semi-circle.	1. Encourage the students to listen to the words of the song. Ask the question "What were the different steps mentioned in the song as part of the dance?" The key words are twist, rock, shake and soul.

Skill Development: 10 minutes

1. Repeat the song "I Like to Dance". Ask volunteers to demonstrate movements to the words of the song:
- rock, twist, shake and soul.
2. Perform the dance with music.

1. The students are seated except for the one who volunteers to demonstrate.

1. Emphasize the use of non locomotor movements for the dance.

2. Students are standing and scattered.

2. Emphasize smooth transitions from one movement to the other. The students should listen carefully for the cues shake, soul, twist, and rock and respond.

Skill Application: 10 minutes

1. Perform the dance with a partner. Choose a partner that is new.

1. Scattered formation in pairs.

1. Partners face each other during the dance and may hold hands.

2. Repeat the dance with a partner. Use locomotor movements instead of non locomotor movements in the dance.

3. Review the tinikling dance.

Conclusion: 5 minutes

1. Perform the aerobic dance. Check pulse rate count at the end of the dance with a stopwatch.

2. Same as #1. above.

3. The record is Tinikling. Students are scattered.

1. Record is "Nine to Five." Students are scattered.

Look for a constant beat in the dance and stress the use of large movements.

2. Allow 1-2 minutes for partners to practice the locomotor steps they choose to use in the dance. Encourage partners to work as a team.
3. Keep poles low and jump high in the dance. Stress keeping with the beat of the music and correct transitions.

1. Choose a leader to stand in front of the group. Leader must count for the group.

ACTIVITY 11 - MOVEMENT EXPLORATION

Goal 11.0 Demonstrates abilities in the physical and psychological area through movement choreography, body awareness, and cognitive tasks in movement exploration activities.

Objective 11.1 The Student should be able to:

11.11 Participate in the activities 100%.

11.12 Jump 16 times, hop Rf 8 times, Hop Lf 8 times while maintaining the beat with 75% accuracy.

11.13 Demonstrate knowledge of 1 locomotor movement and 1 non locomotor movement through verbal identification or through a demonstration.

11.14 While moving around the room, respond in time to the action words freeze and move without contacting the body of peers. with 100% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
Practice the combination Jump 16 times, Hop Rf 8 times and Hop Lf 8 times repeatedly. Work with partners and hold hands.	1. Drum beat is used to keep a consistent beat.	1. Encourage students to keep the transition be- tween movements smooth and use lots of space (large movements).

Skill Development: 10 minutes

1. Review the Tinikling dance.

Jump 4 times between the tape strips and 4 times away from the tape strips alternating sides.

2. Introduce movement components:

- level
- space
- focus
- direction
- pathways
- shapes
- gestures

1. The record is Tinikling.

Use a drum beat first before practicing with music. 3-4 students practice while the others clap the beat.

2. Students are in a semi-circle. Volunteers stand and demonstrate a movement when asked.

1. Students should get at least two trials. Stress lifting knees and feet high during the jumps. The body should move in a sideward direction and the focus should be eye level.

2. level - demonstrate tall vs. short position. space - general vs. personal

focus - gaze of eyes

direction - forward, sideward, backward.

pathways - curve, zig zag, circular

The components are charted so that the students can recall the elements.

Skill Application: 10 minutes

1. Perform the game statues.

As the students respond to the musical cues freeze and move, the Instructor adds the following cues:

- change your level
- move in personal space
- change your focus
- move forward, backward, sideward

1. Use a drum beat the first time. When the drum beat stops, the students should freeze, when the beat begins the students move. All walk in a large circle with a scattered formation.

shapes - big vs small
gestures - wave vs wink
Students are told that movement components are the basic elements of all actions that occur, whether walking, dressing, washing or dancing.

1. Stress that body contact between peers should be avoided. Students should listen carefully for the cues freeze and move and respond accordingly. Students should listen for the movement component cues and respond.

- change your pathway
- change your shape
- add a gesture to your walk

Conclusion: 5 minutes

1. Sing the song "You Are My Sunshine" and add actions.

1. The piano is used to play the song.
The group is seated in a semi-circle.

1. Encourage everyone to sing.
Play the song one time.
Repeat and ask the group to sing.
Ask volunteers to add movements to the song.
Practice the actions.
Sing the song and add the movements.

ACTIVITY 12 - MOVEMENT EXPLORATION

Goal 12.0 Review and evaluation of movement exploration activities from the past two weeks.

Objective 12.1 The Student should be able to:

12.11 Participate in the activities 100%.

12.12 Jump 16 times, Hop Rf 8 times, Hop Lf 8 times with the correct sequence, transitions and keeping the beat with 75% accuracy.

12.13 Demonstrate 1 locomotor movement and 1 non locomotor movement to the class.

(Each student demonstrates a new movement, no repeating.)

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Body sculpting with a partner. One partner is the sculptor and one is the mold. The sculptor is given the following instructions for sculpting:	1. Partners are in a scattered formation.	1. Remind students to move their partner's body gently. Switch places and repeat the instructions a second time. The purpose of this task

- change your partner's level
- make a square shape
- make a triangle shape
- make any shape or design you want
- change the focus

Practice/Review: 15 minutes

I. Review the following tasks:

1 locomotor movement

1 non locomotor movement.

The Instructor asks a volunteer to first demonstrate a non locomotor movement and second a locomotor movement before the group.

2. Review the game statues.

1. Students are seated in a semi-circle except for the demonstrator.

Students are reminded that they are an audience. Review the listening, observing and applying skills used by an audience.

2. First use a drum beat. Second use the record

is to review movement components and to allow students the opportunity to work closely with a peer.

1. Encourage applause after each demonstration.

Ask the group to observe and see if the demonstration was correct. If the individual was incorrect, then ask for a volunteer to assist the individual and correct the error.

2. Emphasize the movement components of level, space,

"Stay' in Alive."

Students are scattered
and walk clockwise
around the room.

gesture, shape, direction,
and pathways.

Remind students to lis-
ten carefully for the
musical and verbal cues.

3. Review the Tinikling dance.

- practice the jump combi-
nation with poles still.
- practice the jump combi-
nation with poles moving.
- practice the jump combi-
nation with a partner
and hold hands.

3. The record is Tinikling.

and the meter is 4/4.
2 dyads perform at 1
time while the others
clap the rhythm. 2
students are needed to
manipulate the poles.

3. Practice the jump combin-

ation a minimum of 4
times (or sets).

Knees and feet must be
lifted at least 6" when
jumping. The cadence is
4 jumps between the poles
and 4 jumps away. Repeat.
and alternate sides.

Conclusion: 5 minutes

1. Perform the aerobic dance.

Check the pulse rate count
at the end.

1. Scattered formation.

Use a stopwatch and
time pulses for 30
seconds.

1. Choose a new leader for the

dance. Stress continuous
movement without rest.

Unit 3

Dance Foundations

ACTIVITY 13 - DANCE FOUNDATION

Goal 13.0 Demonstrates abilities in the physical and psychological areas through self recognition and movement tasks in dance foundation activities.

Objective 13.1 The Student should be able to:

13.11 Participate in the activities 100%.

13.12 Demonstrate a movement and simultaneously verbalize your own name in front of the group at least 1 time.

13.13 Demonstrate or verbally identify a movement component (a minimum of 1) from the following elements: space, level, shape, gesture, focus, direction, and pathway.

Tasks	Organization	Teaching Emphasis
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Warm-up: 5 minutes

1. Students draw a piece of paper from a box. These are movement component directions e.g.

- change your level
- make a square shape
- make a round shape

1. Students are seated. Slips of paper are passed with directions typed on the paper.

1. Assist those students who need help in reading the directions. Assist those who need help with suggestions for a movement.

- take up lots of space
- take up little space
- demonstrate a goodbye gesture
- demonstrate a zig zag pathway
- demonstrate a curve pathway
- demonstrate a straight pathway
- demonstrate a direction (sideward, forward, backward)
- change your focus

the student demonstrating stands before the group.

allow students the opportunity to practice their demonstration. Attempt not to prompt during the demonstration. Students should observe the demonstration, make corrections if necessary by helping the demonstrator. The students guess whether the movement was indicative of level, space, focus, direction, pathway, shape, or gesture.

Skill Development: 10 minutes

1. Review non locomotor movements.
1. Students stand in a semi-circle.
1. Ask the question: "How can a hop be non locomotor?"

- request a hop (Rf and Lf, 8 times each)
- request 8 jumps
- request 8 skips
- request 8 gallops

2. Introduce the steps in the Alley Cat dance.

The steps are:

- Stand with feet together
- Put Rf to the side then return. Repeat 4 times.
- Put Lf to the side and return, 4 times.
- Move Rf to the side 2 times

- 11 Use a drum to keep a consistent rhythm. Students move in a large circle, single file formation,

2. Place directions on the walls of the room:

Side 1, 2, 3, and 4.

Students form 2 lines behind the Instructor.

(answer: because the body remains in one spot on the floor.)

Practice clapping the different even and uneven rhythms of the hop, jump, skip and gallop.

Perform the steps.

2. The Instructor stands in front of the students and mirrors the steps.

- Move Lf to the side
2 times.
- Move Rf 1 time
- Move Lf 1 times
- jump and simultaneously
turn 1/4 turn to the
right.
- Repeat the entire combina-
tion until one complete
turn is accomplished.

Skill Application: 10 minutes

- | | | |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Perform the dance "Alley Cat."</p> | <p>1. The song is "Alley Cat."
The students stand in
2 lines behind the
peer leaders.
The numbers on the wall
are used to cue students
when turning.</p> | <p>1. Skilled peers are placed
in front of the group.
Practice the dance 1
time without music
and 1 time with music.</p> |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|

2. Perform the "Name Game."

Each student thinks of a non locomotor movement to demonstrate.

- 1 person begins. They say their name and demonstrate a movement.
 - the group repeats the name and copies the movement. 4 times to the beat of the music.
 - the second person in the circle says their name and demonstrates a movement.
- This continues around the circle.

Conclusion: 5 minutes

1.. Perform the aerobic dance.

2. The record is Tijuana Brass. All students stand in a circle.

2. The students should repeat their name clearly.

Assist those students who are shy and/or have problems thinking of a movement. Stress that the students move with the beat.

1. - The music is "Nine to Five" 1.. Choose a new leader.

Add a new step and chart the pulse rate count at the end of the dance. The combination is:

- jump 16 times
- hop Rf 8 times
- hop Lf 8 times
- free choice 16 times
- jump-clap 16 times

Students are in a scattered formation. A stopwatch is used to time the 30 second period for pulse rate count.

Emphasize continuous and vigorous movement. The leader should count and cue the group as to transitions in the step sequence. The Instructor may need to prompt the leader.

ACTIVITY 14 - DANCE FOUNDATION

Goal 14.0 Demonstrates abilities in the areas of physical and psycholgoical development through dance, role play and self recognition tasks in dance foundation activities.

Objective 14.1 The Student should be able to:

14.11 Participate in the activities 100%,

14.12 Demonstrate one movement that is characteristic of an animal in front of the group.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the Alley Cat dance. Slowly review each step in the dance. Then, practice the dance to music.	1. Record is "Alley Cat." Students stand single file. Divide into 2 groups. Place a peer leader at each end of the file.	1. Emphasis is on laterality, correct weight transfer, and directions when turning. Verbally and physically prompt stu- dents if necessary. Use peer leaders to assist.

Skill Development: 5 minutes

1. Practice the gallop and skip steps, 16 times to the right and 16 times to the left. Repeat a minimum of 4 times.

Skill Application: 15 minutes

1. Discuss characteristics of different animals e.g.:
cow, horse, elephant, monkey, alligator, dog, cat, bird, chicken, fish, kangaroo, snake, and mouse.
2. Each student is secretly given an animal.

1. Use a drum beat to keep the rhythm consistent. Students stand in a large circle and move counter-clockwise and clockwise. Students may hold hands.

1. Students are seated in a semi-circle.

2. Same as above.

1. Request the students to move in a right and then left direction. Stress the uneven rhythms by clapping and then performing.

1. Ask questions such as:
"What makes the cow different from the others?"
"What about the speed each animal usually moves?"
"What about the size/shape of the animals?"
2. Discuss the audience's responsibilities.

The students then demonstrate the animal's movements. No verbalization can be used in the demonstration.

The demonstrator stands while the others are seated.

The audience should observe attentively and applaud each performance. Students guess the animal that is being demonstrated.

Assist those students who are shy. There is no right or wrong movement; however, suggestions should be made that will make a movement more appropriate than another.

Relate the concepts of non locomotor, locomotor and movement components to the demonstrations.

Conclusion: 5 minutes

1. Perform the aerobic dance.
Time the pulse rate count
at the end of the dance.
Chart the counts for each
individual.

1. Music is "Nine to Five."
Use a stopwatch to
measure a 30 second
period for the pulse
rate counts.

1. Choose a new leader.
Emphasize continuous
and vigorous movement.

ACTIVITY 15 - DANCE FOUNDATION

Goal 15.0 Demonstrates abilities in the physical and social areas through dance, direction, and shape tasks in dance foundation activities.

Objective 15.1 The Student should be able to:

15.11 Participate in the activities 100%.

15.12 Leap 8 times, gallop Rf 8 times, gallop Lf 8 times and skip 8 times with 90% accuracy.

15.13 Perform the Alley Cat dance and continue using the appropriate foot with the beat with 80% accuracy.

Rf to side 4 times

Lf to side 4 times

Rf to side 2 times

Rf to side 1 time

Lf to side 1 time

Turn a quarter turn to the right.

Repeat till the music ends.

Tasks	Organization	Teaching Emphasis
Warm-up: 5 minutes		
Review the Alley Cat steps.	1. Use a drum beat,	1. Stress laterality.

Skill Development: 10 minutes

1. Review the leap, gallop and skip.
 1. Students form 2 lines behind the Instructor. Use a drum beat to keep the rhythm consistent. Form a circle to perform the gallop and skip to the right and to the left, 16 times each.
 2. Students are scattered. The meter is 4/4 and the rhythm is even:
1, 2, 3, 4.
2. Introduce the schottische step.
 - Rf step forward
 - Lf next to the Rf
 - Rf step forward
 - Lf lifts off the floor and hop on the Rf.
1. The Instructor stands in front of the group and leads. The leap should be practiced from side-to-side in the beginning.
2. Move in a forward direction. The first set begins with the Rf and then second set begins with the Lf. This alternation pattern continues.

Skill Application: 10 minutes

1. Perform the dance Alley Cat.

1. Record is "Alley Cat."

Divide the students
into small groups.

1. Remind students to
always turn right.
Students should stay
with the beat of the
music.

Conclusion: 5 minutes

1. Sing the song "Old Brass
Wagon."

- Circle to the right,

Old Brass Wagon

- Repeat 3 times.

- You're the one my darlin.

- Circle to the left,

Old Brass Wagon

- Repeat 3 times.

- You're the one my darlin.

2. Perform the schottische while
singing the song.

1. Use the piano for
accompaniment.

Students are seated.

1. Play the song and then
sing the second time.
Stress the directions
right and left.

2. Students are in a circle
and hold hands.

2. Keep the tempo moderate.

ACTIVITY 16 - DANCE FOUNDATION

Goal 16.0 Demonstrates abilities in the physical and social areas through movement combination tasks and partnering tasks in dance foundation activities.

Objective 16.1 The Student should be able to:

16.11 Participate in the activities 100%.

16.12 Leap 8 times, gallop 8 times Rf and gallop Lf 8 times with 80% accuracy.

16.13 Schottische 8 times while standing shoulder to shoulder and holding left hand in the right hand of a partner with 100% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Perform the dance Alley Cat.	1. Record is "Alley Cat." Divide students into 2 groups standing single file.	1. Both groups practice the dance 1 time to music. Then 1 group performs while the other group watches. Remind the audience to applaud.

Skill Development: 10 minutes

1. Review the leap, gallop and skip 1. Divide the students into 1. Stress the even and uneven

Perform each step
8 times right and
8 times left.

2. Review the schottische.
The rhythm is even and
the steps are:
step Rf, together Lf, -
step Rf, hop Rf.
3. Introduce movement
qualities. Volunteers
are asked to demon-
strate movements that are:
-mad, happy, sad, heavy,
light, and fluttery

small groups. Use
drum beat.

2. A drum beat is used
and the formation is
scattered.
Use peers to teach
students who need help.
3. Students are seated.
The demonstrator stands.

Emphasize the correct
rhythm (uneven and even).
The leap moves side-to-
side. The gallop and
skip move in a circle.

2. Practice the schottische
from side-to side.
Stress that elevation is
needed in the hop.
3. Movement qualities are
the spices that are added
to the basic elements of
movement. These include
movement dynamics (loud,
soft, heavy, fluttery, and
speed (quick-slow).
Stress that the energy

level changes in order to
portray moods (e.g. mad).

Skill Application: 5 minutes

1. Read the poem "The Lollipop"
out loud to the group.

2. Discuss movement components and movement
qualities that could be
used to dance the poem

1. The students are seated. 1. The poem should be charted
so the students can follow
the words in the poem.

2. Volunteers may describe
or demonstrate appropriate movements to
dance the poem.

Conclusion: 5 minutes

1. Review the song "You Are
My Sunshine" and the
corresponding movements.

1. Use the piano for
accompaniment. The
students are seated.

1. Sing 1 time without movements. Repeat and add
the movements.

ACTIVITY 17 - DANCE FOUNDATION

Goal 17.0 Demonstrates abilities in the physical and social areas through movement combination tasks and partnering tasks in dance foundation activities.

Objective 17.1 The Student should be able to:

17.11 Participate in the activities 100%.

17.12 Leap 8 times, gallop 8 times and skip 8 times with 100% accuracy.

17.13 Perform the Alley Cat dance with 90% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Perform the schottische - individually. - with a partner.	1. Record is "Old Susannah." Peer teachers are used to help individuals. The meter is 4/4. The students and dyads are scattered.	1. Practice each step in the combination slowly. Alternate the steps in a side-to-side direction. Students should hold hands with partners.

Skill Development: 5 minutes

1. Review the leap, gallop and

1. Use a drum beat. The

1. Leap side-to-side. Move

skip.

formation is scattered.

in a forward direction.

The leap is an even rhythm and the skip and gallop are uneven.

2. Introduce the mazurka.

The steps are:

- Leap to the right side.
- Stamp the Lf next to the Rf.
- Lift the Rf up and place next to the Lf (step).

The cadence is:

leap, stamp, step.

2. Same as above.

2. The students should execute the mazurka from side-to-side, alternating. Remind students to use elevation on the leap in order to distinguish it from the stamp and the step. Stamp the foot hard in order to distinguish it from the step.

3. Review movement qualities.

3. Students are seated.

3. Volunteers should demonstrate examples.

Skill Application: 15 minutes

1. Perform the dance Alley Cat.

2. Perform "The Lollipop" dance.
The Instructor reads the poem out loud as the group performs.

Conclusion: 5 minutes

1. Parachute activity.

1. Record is "Alley Cat."
The students are divided into 2 groups and placed single file. The 2 files are placed next to each other so that everyone has a partner.

2. Students are scattered.
Students are asked to think of a beginning and ending pose for their dance.

1. Review the 1/4 turns.
Stress correct transitions and staying with the beat.

2. Review the appropriate movement components and movement qualities that were discussed in the previous lesson, with regard to the poem.
Read the poem and do not prompt the students.

1. Students went outside.
1. This was a reward.

ACTIVITY 18 - DANCE FOUNDATION

Goal 18.0 Review of the major objectives covered in the unit on dance foundation.

Objective 18.1 The Student should be able to:

18.11 Participate in the activities 100%.

18.12 Demonstrate 1 movement component.

18.13 Leap 8 times, gallop Rf 8 times, gallop Lf 8 times, skip 8 times, schottische 8 times with 80% accuracy for each.

18.14 Demonstrate 1 movement quality.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Demonstrate a movement component. The students are given a slip of paper with a movement component instruction.	1. Students are seated.	1. Volunteers are requested first. Then the instructor selects a student to demonstrate. Assist before the demonstration but not during.

Skill Review: 20 minutes

- | | | |
|-------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Practice the leap , gallop, skip and schottische 8 times each. | 1. Scattered formation. Circle formation for the gallop and skip. | 1. The leap and schottische move side-to-side. The gallop and skip move in a circle to the right or left. Two trials are given for each step. |
| 2. Demonstrate a movement quality. | 2. Students are seated. The demonstrator stands. | 2. Remind students that the degree of energy level to produce the movement is important. Peers may assist those students who are incorrect. |
| 3. Perform the Alley Cat dance. | 3. Students are scattered. | 3. Students get 1 trial. |

Conclusion: 5 minutes

1. Free choice: The students get to choose a task from the previous lessons during this period.

Unit 4

Rhythms

ACTIVITY 19 - RHYTHMS

Goal 19.0 Demonstrates abilities in the physical and social areas through time, partnering and movement combination tasks in Rhythms activities.

Objective 19.0 The Student should be able to:

- 19.11 Participate in the activities 100%.
- 19.12 Execute the tinikling dance combination (leap in between poles, place Rf next to Lf, leap to other side away from poles and repeat in the opposite direction).
a minimum of 4 times with 75% accuracy.
- 19.13 Execute the tinikling dance, cooperate with a partner by holding both hands and facing each other a minimum of 4 times with 75% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the schottische in a sideward direction. Repeat in a forward direction.	1. Use the record "Old Susannah." The formation is scattered. In a forward direction, group forms a circle.	1. Remember to step - close-step - hop, alternating Rf and Lf in the lead.

Skill Development: 10 minutes

1. Review the leap, skip, gallop rhythms by clapping the rhythm pattern.

Repeat for the walk and run.

Repeat using rhythm instruments.

2. Introduce the mazurka step.
The mazurka is performed in a 3/4 meter. The schottische is a 4/4 meter.

1. Use the drum and rhythm instruments. All are seated in a circle.

The instruments are:

- bells
- triangle
- rhythm sticks
- drum
- wood blocks

2. All stand in a line formation behind the instructor.

1. Emphasize even and uneven rhythms. The walk, run, and leap are even rhythms and the skip and gallop are uneven rhythms.

even = _ _ _ _

uneven = _ . _ . _ . _ .

2. The mazurka is as follows:

- leap on the Rf.
- stamp the Lf next to the Rf.
- step in place with the Rf. Repeat starting

on the Lf.

Skill Application: 10 minutes

1. Review the tinikling dance with jumps.

2. Practice the tinikling dance with a sideward leap.
The side of the body is parallel to the poles.

3. Repeat the leap combination with a partner. Hold hands and face each other.

1. Place 2 bamboo poles on the floor and keep them stationary.

2. The poles are approximately 2 feet apart and stationary. Use 4 counts to leap between the poles and 4 counts to leap away from the poles. Leap on count 1.

3. The poles are stationary. 2 couples may work simultaneously.

1. Emphasize 4 jumps between poles and 4 jumps away from poles repeating from side to side.

2. Leap on to the Rf and between the poles. Close Lf next to the Rf. Leap on to the Rf away from the poles. Close Lf next to the Rf. Repeat to the other direction and begin with the Lf.

3. Partners must leap high. They should maintain eye contact during task.

Conclusion: 5 minutes

1. Introduce the song "If
You're Happy and You Know
it."
- sing the song
If You're Happy and You
Know it Clap Your Hands,
Repeat
If You're Happy and You
Know it Then Your Life
Will Surely Show it
If You're Happy and You
Know it Clap Your Hands,
Repeat entire song with
Stamp Your Feet. (2nd)
Nod Your Head (3rd)
Do All Three (4th).

1. Use piano accompaniment.
1. The purpose of this task
is for fun and relaxation.

ACTIVITY 20 - RHYTHMS

Goal 20.0 Demonstrates abilities in the physical and social areas through time, dance, and group cooperative tasks in Rhythms activities.

Objective 20.1 The Student should be able to:

20.11 Participate in the activities 100%.

20.12 Perform the schottische step with 75% accuracy.

20.13 Perform schottische 8 times to the R

- schottische 8 times to the L
- step-hop 6 times to the R
- stamp R, L, R, rest
- step-hop 6 times to the L
- stamp L, R, L, rest
- repeat till music ends.

with 75% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the leap, skip, and gallop with claps and rhythm instruments.	1. All are seated in a circle.	1. Emphasize even and uneven rhythms. Keep the beat steady.

2. Review the schottische step.
 - tap with instruments first.
 - dance 8 times to the R and 8 times to the L in a circle.

Skill Development: 10 minutes.

1. Introduce the combination step-hop and stamp (see objective 20.13 above).
Practice in a forward direction R and L.
The successful students should be used as peer teachers during practice of this task.

Skill Application: 10 minutes

1. Introduce the schottische dance described above in 20.13.

2. Use the instruments to tap the rhythm of the schottische. All are seated. Stand and move in a circle for the dance.

1. Line formation, all are standing.
The record is "Highland Schottische."
 - Practice in small groups are independently.

2. Emphasize that the meter is 4/4. Attempt to use the instrument to tap the rhythm and perform the schottische simultaneously.

1. Emphasize the need to use lots of energy on the stamp. Stamp hard.
Use high elevation on the leap.
The Instructor walks around the room during the practice and assists where needed.

1. Practice the various dance steps to music separately.

2. Practice the schottische dance.

2. Practice the first time without music. Repeat with music. The students stand in a circle and do not hold hands.

2. Emphasize the need to execute the sequence and transitions as a team. That way everyone stays together and the dance is more challenging.

Conclusion: 5 minutes

1. Introduce the "La Raspa" Mexican dance.

1. Listen to the music the first time. All are seated in a circle. Repeat and clap to the music.

1. Emphasize the need to listen to the music without talking. During the clapping, emphasize staying with the beat.

ACTIVITY 21 - RHYTHMS

Goal 21.0 Demonstrates abilities in the physical and social area through time, coordination, directionality, partnering, and laterality tasks in Rhythms Activities.

Objective 21.1 The Student should be able to:

21.11 Participate in the activities 100%.

21.12 Execute the schottische 8 times to the R and 8 times to the L with 100% accuracy.

21.13 Perform the schottische dance while holding hands with a partner-80% accuracy.

(See Objective 20.13 for dance sequence).

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the schottische step in a sideward direction, forward direction and in a backward (optional) direction.	1. Individual practice. Students are scattered.	1. Students should execute the first set (step-together-step-hop) beginning with the Rf. Make sure the second set begins with the Lf.
2. Perform the schottische 8 times to the R and 8 times to the L at least 4 times.	2. Use a circle formation and the students do not hold hands.	2. Make sure the knee is lifted on the hop step in the schottische.

Skill Development: 10 minutes

1. Review the mazurka from side-to-side a minimum of 8 times.
 - practice individually
 - practice with peer teachers
2. Review the schottische dance.

Skill Application: 10 minutes

1. Practice the schottische dance with a partner a minimum of 4 times.

1. Form 2 lines and the Instructor stands in front leading. Use the drum for accompaniment.
 - students are scattered during the practice.
2. The record is "Highland Schottische." The formation is a circle.

1. Partners assist each other with the difficult parts. The dyads are

1. Emphasize the 3/4 meter of the mazurka. Clap the meter.
 - distinguish between the stamp and the step used in the mazurka.
2. Practice transferring weight between the dance steps of the schottische and the transition. See if the students can count without the Instructor.

1. Partners stand with shoulders touching and face same direction.

2. Practice the dance in a circle.

Continue to use partners and stand in promenade position.

- break into practice dyads to review some weak steps.
- return to the circle and practice the dance again.

Conclusion: 5 minutes

1. Introduce the dance

"La Raspa."

R heel, L heel, R heel, rest.
clap 3 times.

L heel, R heel, L heel, rest

2. Formation is a circle.

The record is "Highland Schottische."

1. The record is "La Raspa." Use a line formation.

- arms/hands are crossed in promenade position.

- start with the Rf.

2. Partners must work as a team and assist each other in the dance. Use tape to mark the circle area so that students do not bunch together.

The Instructor acts as a "caller" and facilitator as needed.

1. The Instructor stands in front of the students and mirrors the steps. Stress touching the heel to the floor with toes pointed up.

clap 3 times.

repeat.

gallop 16 counts to the R.

gallop 16 counts to the L

repeat the entire dance till the
music ends.

ACTIVITY 22 - RHYTHMS

Goal. 22.0 Demonstrates abilities in the physical and social areas through time, coordination, directionality, laterality and partnering tasks in rhythms activities.

Objective 22.1 The Student should be able to:

22.11 Participate in the activities 100%.

22.12 Execute the following combination (use one lummi stick) with lummi sticks:

Tap floor 16 times

Tap shoulders 16 times

Tap sticks standing on end on floor 16 times

Tap sticks with a neighbor's sticks 16 times

Consistently maintain the beat of the music one time with 75% accuracy.

22.13 Perform the schottische 8 times R and 8 times L a minimum of 4 times with 100% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the schottische 8 times R and 8 times L.	1. Practice individually. Practice in a circle.	1. Lift the knee on the hop. Take small steps in the circle.

Skill Development: 10 minutes

1. Review the mazurka in a forward direction.
2. Introduce the lummi stick combination. (See objective 22.12 above.)
Clap or tap the rhythm to the music before using the stick.
1. Two lines and the Instructor stands in front.
Use a drum accompaniment.
2. Only use 1 lummi stick.
The record is The Beat Goes On. Students are seated in a circle.
1. Alternate the lead foot between combinations.
Keep with the beat.
2. Emphasize maintaining the beat with and without music. The rhythm is even throughout the routine.

Skill Application: 10 minutes

1. Perform the lummi stick routine a minimum of 2 times to music.
1. The record is The Beat Goes On.
1. The rhythm should be consistent with the beat.
The group should stay together. Students may count along with the Instructor.

Conclusion: 5 minutes

1. Practice the La Raspa dance.
1. Circle formation.
1. Hold hands and use music.

ACTIVITY 23 - RHYTHMS

Goal 23.0 Review and evaluation of Rhythms Activities from the past two weeks.

Objective 23.1 The Student should be able to:

23.11 Participate in the activities 100%.

23.12 Execute the tinikling dance with a leap a minimum of 4 times with 75% accuracy.

23.13 Perform the schottische 8 times R and 8 times L a minimum of 4 times with 100% accuracy.

23.14 Perform the dance La Raspa a minimum of 1 time with 75% accuracy.

23.15 Perform the lummi stick routine and maintain the beat of the music, a minimum of 4 times with 75% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the mazurka in a forward direction.	1. The record is "The Mazurka." Formation is scattered.	1. Practice individually and then use peers to teach. The Instructor assists when needed.
<u>Skill Review: 15 minutes</u>		
1. Perform the tinikling dance.	1. 2 students are needed to manipulate the poles,	1. Several students are reviewed at 1 time.

2. Perform the schottische
8 times R and 8 times L
a minimum of 4 times.

3. Perform the lummi stick
routine.

4. Perform the dance La
Raspa with a partner.

Conclusion: 10 minutes

1. Listening and imagery
lesson. The students
listen to the song about
Trolls who over run the
mountain.

2. Record is "Highland
Schottische." Students
are in a circle.

3. Record is The Beat Goes
On. Students are seated
in a circle and use 2
sticks.

4. The music is "La Raspa."
Dyads are scattered.

2. The Instructor assists
by counting but does
not stand in the circle
and perform.

4. Instructor assists by
counting but does not
perform.

1. The record is Peer Gynt
Suite, "In The Hall of the
Mountain King." Students
are seated.

1. Students listen to the
song the first time.
The second time they
draw the story while
the music plays.
Students then discuss
their drawings.

Unit 5

Dances

ACTIVITY 24 - DANCE

Goal 24.0 Demonstrates abilities in the physical and social areas through time, coordination, partnering and dance tasks in dance activities.

Objective 24.1 The Student should be able to:

24.11 Participate in the activities 100%.

24.12 Perform the mazurka 8 times R and 8 times L at least 1 out of 2 trials with 75% accuracy.

24.13 Perform the following square dance steps a minimum of 1 time with 75% accuracy.

bow to your partner

do-sa-do

R elbow swing

L elbow swing

Tasks	Organization	Teaching Emphasis
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Warm-up: 5 minutes

1. Practice the mazurka
 - side-to-side and forward.
 - individually
 - in a circle

1. The record is "The Mazurka" and the formation is scattered or a circle.

1. Emphasize elevation on the leap. Lift the knee high for the stamp. Take small steps in the circle.

Skill Development: 10 minutes

1. Review the schottische to the R 8 times and to the L 8 times at least 4 times.

2. Introduce the square dance calls:

bow to your partner,

do-sa-do,

R elbow swing and L,

3. Perform the square dance steps.

Skill Application: 10 minutes

1. Perform the square dance.

1. The record is "Highland Schottische." Students stand in a circle.

2. Dyads are scattered.

3. The record is "Old Susannah."

1. Circle formation.

1. Stay with the beat, emphasize transitions, sequence and counts. Take small steps in the circle.

2. The Instructor uses verbal and physical prompts to teach the students the calls. Use students to demonstrate.

3. The tempo is extremely slow and the Instructor calls the steps.

1. Partners face each other.

The leader stands
inside the circle and
the follower stands
on the outside.
The record is "Oh,
Susanna."

Partners work in opposi-
tion on the do-sa-do
and elbow swings.
This will involve prac-
tice for most students.
As skill improves, the
inside person will be
requested to move to a
new partner when called
by the Instructor during
the dance.

Conclusion: 5 minutes

1. Review and perform the
La Raspa.

1. Students stand in a
circle. The record is
"La Raspa."

1. Stress that students work
as a team. No pulling on
each other during the
gallop. Stand up straight.

ACTIVITY 25 - DANCE

Goal 25.0 Demonstrates abilities in the physical and social areas through partnering, shapes, social customs/gestures and movement in dance activities.

Objective 25.1 The Student should be able to:

25.11 Participate in the activities 100%.

25.12 Perform the mazurka 8 times R and 8 times L a minimum of 1 out of 2 trials with 75% accuracy.

25.13 Perform the La Raspa with a partner a minimum of 1 time with 80% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Perform the La Raspa.	1. The record is "The La Raspa." The dyads form a circle. On the gallop, everyone holds hands and moves counter-clockwise and clockwise and then re-	1. Require students to work as a team with their partner. Do not tug or pull on each other. During the clap, the partners clap hands with one another.
	turn to the dyads.	

Skill Development: 10 minutes

1. Review the square dance steps from the previous lesson.

2. Review the mazurka
8 times to the R and 8
times to the L a minimum
of 4 times.

3. Introduce the Virginia
Reel dance.

- bow to your partner
- do-sa-do
- R elbow swing
- L elbow swing

Skill Application: 10 minutes

1. Perform the Virginia Reel.

1. The record is "Oh,
Susannah," and the
dyads are scattered.

2. Students practice
individually and with
peer teachers.

3. The music is the
"Virginia Reel."

1. The Instructor is the
caller and the tempo
is slow.

2. The Instructor walks
around and assists when
needed.

3. The same steps are used
from "Oh, Susannah,"
on the first day. The
Instructor is the caller.

1. Partners face each
other and the group
forms 2 lines.

1. Practice the square dance
steps listed above to the
Virginia Reel. Change
partners.

This dance is repeated several times so that the students get the opportunity to perform with different partners.

Conclusion: 10 minutes

1. Perform the aerboic dance.
Choose a new leader for the dance.

2. Introduce the "Name Game."
- hit knees 2 times
- clap hands 2 times
- snap L fingers 1 time
- snap R fingers 1 time
Repeatedly.

1. The record is "Nine to Five" and the students are scattered.

2. Students are seated in a circle. The tempo is very slow.

1. The Instructor assists the leader as needed and encourages students to keep moving.
2. Everyone practices the routine. Then 1 person starts the game by calling out another player's name in cadence with the L and R finger snaps. The game stops when a player is unable to call out a name with the corresponding snap.

ACTIVITY 26 - RHYTHMS

Goal 26.0 Demonstrates abilities in the physical and psychological areas through name identification, time, and dance tasks in rhythms activities.

Objective 26.1 The Student should be able to:

26.11 Participate in the activities 100%.

26.12 Perform the tinkling routine while keeping a constant rhythm and maintaining the beat of the music a minimum of 1 out of 2 trials with 75% accuracy.

26.13 Identify and verbally communicate his/her name a minimum of 1 times in a group activity called "Rhythm Name Game:"

Slap knees 2 times

Clap hands 2 times

Snap L fingers while simultaneously enunciating the first half of the individual's name (Sal-)

Snap R fingers while simultaneously enunciating the second half of the individual's name (ly) with the beat.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Review the schottische	1. The record is "Highland	1. The direction is for-

a minimum of 8 times.

Practice individually and then with a partner.

Schottische." First practice in a single file formation. Then scattered formation for dyads.

forward. Stress the transfer of weight and keeping with the beat of the music. Partners should hold hands and stand shoulder to shoulder.

Skill Development: 10 minutes

1. Review the mazurka in a forward direction a minimum of 8 times.

2. Review the tinikling dance. Use the tinikling poles but do not use music.

1. The record is "The Mazurka."

2. Volunteers are needed to manipulate the poles. The meter is 4/4. The students who are not participating clap the rhythm.

1. Clap the 3/4 meter to the music before dancing the mazurka.

2. The combination is 4 jumps between the poles and 4 jumps away from the poles. Practice a minimum of 4 trials..

3. Review Alley Cat.

3. Students stand in single file formation. The record is "Alley Cat."

3. The Instructor should assist by counting. Do not physically prompt or demonstrate.

Skill Application: 10 minutes

1. Students are requested to demonstrate 1 locomotor and 1 non locomotor step.

1. Students are seated in a semi-circle except for the demonstrator.

1. The students not demonstrating are requested to tell whether the movement demonstrated was correct or incorrect. If incorrect, the correction is made verbally or physically.

2. Perform the Rhythm Name Game.

2. Same as above.

2. Initially the tempo should be slow. The leader begins by calling out the name of a peer. The peer must respond by

calling out a second
name at the right time,
(during the right and-
left ringer snaps) or
the game is stopped.
As students improve,
increase the tempo.

Conclusion: 5 minutes

1. Free choice

ACTIVITY 27 - MOVEMENT/RHYTHMS EVALUATION

Goal 27.D Demonstrates abilities in the physical, psychological and social areas through perceptual-motor, physical fitness, rhythms and dance tasks in movement/rhythms activities.

Objective 27.1 The Student should be able to:

27.11 Participate in the activities 100%.

27.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Perform the aerobic dance.	1. The record is "Nine to Five." Use a stopwatch to time the pulse rate count. The formation is scattered.	1. Select a new leader for the dance. By now almost everyone student should have had the chance to lead. Time the pulse rate count.

Skill Review: 20 minutes

- | | | |
|-------------------------------------|--------------------------|---------------------------|
| 1. Evaluate the students' abilities | 1. Divide the class into | 1. The groups are allowed |
|-------------------------------------|--------------------------|---------------------------|

by administering the "Movement/
Rhythms Assessment." (The
instrument is located in the
appendices, page

3 groups. No
musical accompani-
ment is used. Drum
beat or hand clap if
necessary.

1 trial per test item.
All students respond to
the movement questions
simultaneously to im-
pede imitating. Verbal
prompts may be used, but
no demonstrations.

Conclusion: 5 minutes

1. Perform the Virginia Reel
dance. Use partners and
allow leaders the oppor-
tunity to add new steps
to the dance.

1. The record is "The
Virginia Reel." The
students are divided into
two lines and they should
face their partner. Allow
approximately 3' between
the 2 lines.

1. Without music, practice
each step in the dance.
The Instructor serves as
the caller. Perform a
second time with music.

ACTIVITY 28 - DANCE

Goal 28.0 Demonstrates abilities in the physical and social areas through partnering, shapes, social customs/gestures and movement in dance activities.

Objective 28.1 The Student should be able to:

28.11 Participate in the activities 100%.

28.12 Perform the mazurka 8 times R and 8 times L with 80% accuracy.

28.13 Perform the Virginia Reel a minimum of 1 time without stopping.

Tasks	Organization	Teaching Emphasis
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Warm-up: 5 minutes

1. Review the Mazurka step
8 times R and 8 times L
a minimum of 4 times total.

1. The record is "The Mazurka." The formation is scattered and the students work independently and then peer teach.

1. Practice the transitions between the leap, stamp, and step. The leap should be approximately 6-12" from one foot to the other. The stamp and step occur on the same spot.

2. Review the schottische 8 times R and 8 times L a minimum of 4 times total.

2. The record is "Highland Schottische," and the formation is scattered. Practice individually.

2. Emphasize the step-together-step-hop instead of 3 steps and a hop which is the lazy way to perform the combination.

Skill Development: 10 minutes

1. Review the steps of the Virginia Reel.

- Bow to your partner
- do-sa-do your partner
- R elbow swing
- L elbow swing
- lead couple slide 4 times to the R and 4 times L holding hands,
- Break away and walk behind

1. The record is "The Virginia Reel." Each student has a partner. The 2 groups form 2 lines so that the partners face each other.

1. The partners should look at each other on the bow. The Instructor serves as the caller and the student should stay with the beat. There is 8 counts allotted for each step in the dance.

- the respective line as the others in that line follow.
- lead couples makes a bridge and the dyads pass through while holding hands. The lead couple is now at the end of the line. The dance repeats and the new lead couple slides.

2. Introduce the steps of the mazurka dance.

- mazurka R 2 times
- 12 small runs, almost in place
- repeat

2. The students are in a circle. No music is used.

2. Use tape strips to mark the circle. The students must execute small steps and not crowd the person in front or behind.

- step-hop 6 times, stamp 3 times
- repeat
- turn to the L and repeat the entire dance.

3. Introduce the folk dance Oh Susannah.

- 4 schottische R
- hold hands and slide
- 8 times R
- walk to the center 4 steps, and bow then back 4 steps and bow
- repeat to the L

3. Circle formation. The record is "Oh, Susannah."

3. Students should stay with the beat of the music and follow the Instructor's calls.

Skill Application: 10 minutes

1. Perform the Virginia Reel

1. Record is "The Virginia Reel."

1. Students must work as a team (cooperation).

2. Perform the mazurka dance.
3. Perform the folk dance
Oh, Susannah.

Conclusion: 5 minutes

1. Practice the "Rhythm
Name Game" described
in lesson 26.

2. Record is "The Mazurka."
2. Same as above.
3. Record is "Oh, Susannah."
3. Same as above.

1. Students are seated in
a circle.

1. Begin with a slow
tempo and gradually
increase.

ACTIVITY 29 - MOVEMENT/RHYTHMS EVALUATION

Goal 29.0 Demonstrates abilities in the physical, social, and psychological areas through perceptual-motor, physical fitness, rhythms and dance tasks in movement/rhythms activities.

Objective 29.1 The Student should be able to:

29.11 Participate in the activities 100%.

29.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Run in place for 1 minute.	1. Use a stopwatch to time the minute. Formation is scattered.	1. Stress continuous and vigorous running (knees lifted high) without resting.
<u>Skill Review: 20 minutes</u>		
1. Evaluate the students' abilities by administering the "Movement/	1. Divide the class into 3 groups. No musical accompaniment is used.	1. The groups are allowed 1 trial per test item. All

Rhythms Assessment." (The instrument is located in the appendices, page

A drum beat may be used or hand clap.

students respond to the movement questions simultaneously to im-
pede imitating. Ver-
bal prompts may be
used but no demon-
strations.

Conclusion: 5 minutes

1. Perform the aerobic dance.

1. The record is "Nine to Five" and the formation is scattered. Use a stopwatch to time the pulse rate counts before and after.

1. Choose a new leader, Stress that students con-
tinuously move with
lots of energy.

ACTIVITY 30 - REVIEW

Goal 30.0 Demonstrates abilities in the physical, social, and psychological areas through partnering, social, customs/gestures, leadership and movement tasks in dance activities.

Objective 30.1 The Student should be able to:

30.11 Participate in the activities 100%.

30.12 Demonstrate social skills used in requesting a dance with a partner a minimum of 1 time (e.g. bowing to the partner while requesting, shaking hands etc.)

30.13 Perform the mazurka dance without stopping and with 50% accuracy.

30.14 Perform the folk dance without stopping and with 50% accuracy.

Tasks	Organization	Teaching Emphasis
<u>Warm-up: 5 minutes</u>		
1. Discuss different customs for greeting and leaving people (e.g. bowing, thanking, shaking hands, waving hands)	1. Practice the greetings and partings with a partner.	1. Emphasize <u>appropriateness</u> of the act. <u>Kissing</u> may be acceptable with an old friend but not perhaps with a new friend.

Skill Review: 20 minutes

1. Perform the mazurka dance.

2. Perform the folk dance
"Oh Susannah."

3. Perform the Virginia
Reel.

1. The record is "The
Mazurka" and students
stand in a circle.

2. The record is "Oh,
Susannah," and the
students stand in a
circle.

3. The record is "The
Virginia Reel."

1. Use tape strips to mark
the circle. Keep prompts
to a minimum.

2. Same as above.

3. Students use the social
skills above to greet,
request a dance, and
part partners. Western
bandanas are used as
costumes.

Conclusion: 5 minutes

1. Students complete an evaluation
form of the 10 week program.

Objectives - Unit 1

ACTIVITY 1 - MOVEMENT ORIENTATION AND ASSESSMENT

Goal 1.0 Demonstrates abilities in the physical, psychological and social areas through physical fitness, rhythm, and perceptual motor tasks in movement/rhythms activities.

Objective 1.1 The Student should be able to:

1.11 Participate in the activities 100%.

1.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

NAMES

[illegible]

ACTIVITY 2 - MOVEMENT ORIENTATION AND ASSESSMENT

Goal 2.0 Demonstrates abilities in the physical, psychological and social areas through physical fitness, rhythm, and perceptual motor tasks in movement/rhythms activities.

Objective 2.1 The Student should be able to:

2.11 Participate in the activities 100%

2.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trial.

NAMES

OBJECTIVES

ACTIVITY 3 - MOVEMENT ORIENTATION

Goal 3.0 Demonstrates abilities in the physical and social areas through fitness exercises, group participation, space, and direction tasks in movement orientation activities.

Objective 3.1 The Student should be able to:

3.11 Participate in the activities 100%.

3.12 Jump 16 times, hop on the Rf 8 times, and hop on the Lf 8 times with 100% accuracy.

3.13 Respond to the action works freeze and move without contacting the body of a peer with 100% accuracy.

NAMES

[illegible]

ACTIVITY 4 - MOVEMENT ORIENTATION

Goal 4.0 Demonstrates abilities in the area of physical and psychological development through body awareness, space, direction, physical fitness tasks in movement orientation activities.

Objective 4.1 The Student should be able to:

4.11 Participate in the activities 100%

4.12 Jump 16 times while facing a partner and holding both hands, hop Rf 8 times, and hop Lf 8 times with 100% accuracy.

4.13 Respond to the action words freeze and move without contacting the body of a peer with 100% accuracy.

NAMES

OBJECTIVES

ACTIVITY 5 - MOVEMENT ORIENTATION

Goal 5.0 Demonstrates abilities in the physical and psychological areas in fitness and leadership tasks through movement orientation activities.

Objective 5.1 The Student should be able to:

5.11 Participate in the activities 100%.

5.12 Demonstrate the ability to lead the group members in 1 trial.

5.13 Execute 16 jumps, 8 hops (Rf), and 8 hops (Lf) four times with 100% accuracy.

NAMES

OBJECTIVES

ACTIVITY 6 - MOVEMENT ORIENTATION

Goal 6.0 Demonstrates abilities in the physical and psychological areas in fitness and body awareness tasks through movement orientation activities.

Objective 6.1 The Student should be able to:

6.11 Participate in the activities 100%

6.12 Participate in a tinikling routine with 75% accuracy---

Jump 2 times in and 2 times out.

Hop 2 times in and 2 times out.

NAMES

OBJECTIVES

Objectives - Unit 2

ACTIVITY 7 - MOVEMENT EXPLORATION

Goal 7.0 Demonstrates ability in physical and psychological areas through nonlocomotor/locomotor role play, problem solving, and self awareness tasks in movement exploration activities.

Objective 7.1 The Student should be able to:

7.11 Participate in the activities 100%.

7.12 Jump 16 times, hop Rf 8 times and hop Lf 8 times with 100% accuracy.

7.13 Demonstrate a movement that is characteristic of a tree blowing in the wind (a minimum of 1 movement).

NAMES

OBJECTIVES

ACTIVITY 8 - MOVEMENT EXPLORATION

Goal 8.0 Demonstrates abilities in the physical and psychological area through non locomotor/ locomotor, problem-solving, and self awareness tasks in movement exploration.

Objective 8.1 The Student should be able to:

8.11 Participate in the activities 100%.

8.12 Jump 16 times, hop Rf 8 times, hop Lf 8 times with 100% accuracy.

8.13 Demonstrate an action (e.g. washing dishes) to the rest of the group through role play.

NAMES

OBJECTIVES

ACTIVITY 9 - MOVEMENT EXPLORATION

Goal 9.0 Review of the major objectives covered in the units on movement orientation and movement exploration.

Objective 9.1 The Student should be able to:

9.11 Participate in the activities 100%,

9.12 Jump 16 times, hop Rf 8 times, hop Lf 8 times with 100% accuracy.

9.13 Respond to the action words freeze and move while moving around the room and without contacting the body of peers with 100% accuracy,

9.14 Perform the tinikling dance (with jumps only) individually a minimum of 4 times with 90% accuracy. Two trials are allotted.

9.15 Demonstrate one locomotor or one non locomotor movement.

NAMES

[illegible]

ACTIVITY 10 - MOVEMENT EXPLORATION

Goal 10.0 Demonstrates abilities in the physical and social areas through dance, partnering tasks in movement exploration activities.

Objective 10.1 The Student should be able to:

10.11 Participate in the activities 100%.

10.12 Jump 16 times, hop Rf 8 times, and hop Lf 8 times and keep the beat of the music with 75% accuracy.

10.13 Perform "I Like to Dance" with a partner at least 1 time.

NAMES

[illegible]

ACTIVITY 11 - MOVEMENT EXPLORATION

Goal 11.0 Demonstrates abilities in the physical and psychological area through movement choreography, body awareness, and cognitive tasks in movement exploration activities.

Objective 11.1 The Student should be able to;

11.11 Participate in the activities 100%.

11.12 Jump 16 times, hop Rf 8 times, hop Lf 8 times while maintaining the beat with 75% accuracy.

11.13 Demonstrate knowledge of 1 locomotor movement and 1 non locomotor movement through verbal identification or through a demonstration.

11.14 While moving around the room, respond in time to the action words freeze and move without contacting the body of peers with 100% accuracy.

NAMES

OBJECTIVES

ACTIVITY 12 - MOVEMENT EXPLORATION

Goal 12.0 Review and evaluation of movement exploration activities from the past two weeks.

Objective 12.1 The Student should be able to:

12.11 Participate in the activities 100%.

12.12 Jump 16 times, Hop Rf 8 times, Hop Lf 8 times with the correct sequence, transitions and keeping the beat with 75% accuracy.

12.13 Demonstrate 1 locomotor movement and 1 non locomotor movement to the class.

(Each student demonstrates a new movement, no repeating.)

NAMES

OBJECTIVES

Objectives - Unit 3

ACTIVITY 13 - DANCE FOUNDATION

Goal 13.0 Demonstrates abilities in the physical and psychological areas through self recognition and movement tasks in dance foundation activities.

Objective 13.1 The Student should be able to:

13.11 Participate in the activities 100%.

13.12 Demonstrate a movement and simultaneously verbalize your own name in front of the group at least 1 time.

13.13 Demonstrate or verbally identify a movement component (a minimum of 1) from the following elements: space, level, shape, gesture, focus, direction, and pathway.

NAMES

OBJECTIVES

ACTIVITY 14 - DANCE FOUNDATION

Goal 14.0 Demonstrates abilities in the areas of physical and psychological development through dance, role play and self recognition tasks in dance foundation activities,

Objective 14.1 The Student should be able to:

14.11 Participate in the activities 100%.

14.12 Demonstrate one movement that is characteristic of an animal in front of the group.

NAMES

OBJECTIVES

ACTIVITY 15 - DANCE FOUNDATION

Goal 15.0 Demonstrates abilities in the physical and social areas through dance, direction, and shape tasks in dance foundation activities.

Objective 15.1 The Student should be able to:

15.11 Participate in the activities 100%.

15.12 Leap 8 times, gallop Rf 8 times, gallop Lf 8 times and skip 8 times with 90% accuracy.

15.13 Perform the Alley Cat dance, and continue using the appropriate foot with the beat with 80% accuracy.

Rf, to side 4 times

Lf to side 4 times

Rf to side 2 times

Rf to side 1 time

Lf to side 1 time

Turn a quarter turn to the right.

Repeat till the music ends.

NAMES

OBJECTIVES

ACTIVITY 16 - DANCE FOUNDATION

Goal 16.0 Demonstrates abilities in the physical and social areas through movement combination tasks and partnering tasks in dance foundation activities.

Objective 16.1 The Student should be able to:

16.11 Participate in the activities 100%,

16.12 Leap 8 times, gallop 8 times Rf and gallop Lf 8 times with 80% accuracy.

16.13 Schottische 8 times while standing shoulder to shoulder and holding left hand in the right hand of a partner with 100% accuracy.

NAMES

OBJECTIVES

ACTIVITY 17 - DANCE FOUNDATION

Goal 17.0 Demonstrates abilities in the physical and social areas through movement combination tasks and partnering tasks in dance foundation activities.

Objective 17.1 The Student should be able to:

17.11 Participate in the activities 100%.

17.12 Leap 8 times, gallop 8 times and skip 8 times with 100% accuracy.

17.13 Perform the Alley Cat dance with 90% accuracy.

NAMES

OBJECTIVES

ACTIVITY 18 - DANCE FOUNDATION

Goal 18.0 Review of the major objectives covered in the unit on dance foundation.

Objective 18.1 The Student should be able to:

18.11 Participate in the activities 100%.

18.12 Demonstrate 1 movement component.

18.13 Leap 8 times, gallop Rf 8 times, gallop Lf 8 times, skip 8 times, schottische
8 times with 80% accuracy for each.

18.14 Demonstrate 1 movement quality.

NAMES -

[illegible]

Objectives - Unit 4

ACTIVITY 19 - RHYTHMS

Goal 19.0 Demonstrates abilities in the physical and social areas through time, partnering and movement combination tasks in Rhythms activities.

Objective 19.0 The Student should be able to:

19.11 Participate in the activities 100%.

19.12 Execute the tinikling dance combination (leap in between poles, place Rf next to Lf, leap to other side away from poles and repeat in the opposite direction).
a minimum of 4 times with 75% accuracy.

19.13 Execute the tinikling dance, cooperate with a partner by holding both hands and facing each other a minimum of 4 times with 75% accuracy.

NAMES

[illegible]

ACTIVITY 20 - RHYTHMS

Goal 20.0 Demonstrates abilities in the physical and social areas through time, dance, and group cooperative tasks in Rhythms activities.

Objective 20.1 The Student should be able to:

20.11 Participate in the activities 100%.

20.12 Perform the schottische step with 75% accuracy.

20.13 Perform schottische 8 times to the R

- schottische 8 times to the L

- step-hop 6 times to the R

- stamp R, L, R, rest

- step-hop 6 times to the L

- stamp L, R, L, rest

- repeat till music ends.

with 75% accuracy.

NAMES

OBJECTIVES

ACTIVITY 21 - RHYTHMS

Goal 21.0 Demonstrates abilities in the physical and social area through time, coordination, directionality, partnering, and laterality tasks in Rhythms Activities.

Objective 21.1 The Student should be able to;

21.11 Participate in the activities 100%.

21.12 Execute the schottische 8 times to the R and 8 times to the L with 100% accuracy.

21.13 Perform the schottische dance while holding hands with a partner-80% accuracy.

(See Objective 20.13 for dance sequence).

NAMES

OBJECTIVES

ACTIVITY 22 - RHYTHMS

Goal 22.0 Demonstrates abilities in the physical and social areas through time, coordination, directionality, laterality and partnering tasks in rhythms activities.

Objective 22.1 The Student should be able to:

22.11 Participate in the activities 100%.

22.12 Execute the following combination (use one lummi stick) with lummi sticks:

Tap floor 16 times

Tap shoulders 16 times

Tap sticks standing on end on floor 16 times

Tap sticks with a neighbor's sticks 16 times

Consistently maintain the beat of the music one time with 75% accuracy.

22.13 Perform the schottische 8 times R and 8 times L a minimum of 4 times with 100% accuracy.

NAMES

OBJECTIVES

ACTIVITY 23 - RHYTHMS

Goal 23.0 Review and evaluation of Rhythms Activities from the past two weeks.

Objective 23.1 The Student should be able to:

23.11 Participate in the activities 100%.

23.12 Execute the tinikling dance with a leap a minimum of 4 times with 75% accuracy.

23.13 Perform the schottische 8 times R and 8 times L a minimum of 4 times with 100% accuracy.

23.14 Perform the dance La Raspa a minimum of 1 time with 75% accuracy.

23.15 Perform the lummi stick routine and maintain the beat of the music, a minimum of 4 times with 75% accuracy.

NAMES

OBJECTIVES

ACTIVITY 24 - RHYTHMS

Goal 26.0 Demonstrates abilities in the physical and psychological areas through name identification, time, and dance tasks in rhythms activities.

Objective 26.1 The Student should be able to:

26.11 Participate in the activities 100%.

26.12 Perform the tinkling routine while keeping a constant rhythm and maintaining the beat of the music a minimum of 1 out of 2 trials with 75% accuracy.

25.13 Identify and verbally communicate his/her name a minimum of 1 times in a group activity called "Rhythm Name Game:"

Slap knees 2 times

Clap hands 2 times

Snap L fingers while simultaneously enunciating the first half of the individuals name (Sal-)

Snap R fingers while simultaneously enunciating the second half of the individual's name (ly) with the beat.

NAMES

OBJECTIVES

Objectives - Unit 5

ACTIVITY 25 - DANCE

Goal 25.0 Demonstrates abilities in the physical and social areas through partnering, shapes, social customs/gestures and movement in dance activities.

Objective 25.1 The Student should be able to:

25.11 Participate in the activities 100%

25.12 Perform the mazurka 8 times R and 8 times L a minimum of 1 out of 2 trials with 75% accuracy.

25.13 Perform the La Raspa with a partner a minimum of 1 time with 80% accuracy.

NAMES

[illegible]

ACTIVITY 26 - DANCE

Goal 24.0 Demonstrates abilities in the physical and social areas through time, coordination, partnering and dance tasks in dance activities.

Objective 24.1 The Student should be able to:

24.11 Participate in the activities 100%.

24.12 Perform the mazurka 8 times R and 8 times L at least 1 out of 2 trials with 75% accuracy.

24.13 Perform the following square dance steps a minimum of 1 time with 75% accuracy.

how to your partner

do-sa-do

R elbow swing

L elbow swing

NAMES

[illegible]

ACTIVITY 27 - MOVEMENT/RHYTHMS EVALUATION

Goal 27.0 Demonstrates abilities in the physical, psychological and social areas through perceptual-motor, physical fitness, rhythms and dance tasks in movement/rhythms activities.

Objective 27.1 The Student should be able to:

27.11 Participate in the activities 100%.

27.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

NAMES

OBJECTIVES

ACTIVITY 28 - DANCE

Goal 28.0 Demonstrates abilities in the physical and social areas through partnering, shapes, social customs/gestures and movement in dance activities.

Objective 28.1 The Student should be able to: .

28.11 Participate in the activities 100%.

28.12 Perform the mazurka 8 times R and 8 times L with 80% accuracy.

28.13 Perform the Virginia Reel a minimum of 1 time without stopping.

NAMES

OBJECTIVES

ACTIVITY 29 - MOVEMENT/RHYTHMS EVALUATION

Goal 29.0 Demonstrates abilities in the physical, social, and psychological areas through perceptual-motor, physical fitness, rhythms and dance tasks in movement/rhythms activities.

Objective 29.1 The Student should be able to:

29.11 Participate in the activities 100%.

29.12 Demonstrate a proficiency level in the "Movement/Rhythms Assessment" as determined by 1 out of 1 trials.

NAMES

OBJECTIVES

ACTIVITY 30 - REVIEW

Goal 30.0 Demonstrates abilities in the physical, social, and psychological areas through partnering, social, customs/gestures, leadership and movement tasks in dance activities.

Objective 30.1 The Student should be able to:

30.11 Participate in the activities 100%.

30.12 Demonstrate social skills used in requesting a dance with a partner a minimum of 1 time (e.g. bowing to the partner while requesting, shaking hands etc.)

30.13 Perform the mazurka dance without stopping and with 50% accuracy.

30.14 Perform the folk dance without stopping and with 50% accuracy.

NAMES

[illegible]

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Appendix A
Assessment/Evaluation Instrument

DANCE ASSESSMENT/EVALUATION INSTRUMENT

Instruction	Rudimentary Mechanics of Movement	Students														
	The student is able to:															
(Stand)	1. bend the knees															
Directions	2. rise on the toes															
	3. bend the upper body															
	forward															
Laterality	backward															
	right side															
	left side															
Physical Fitness	4. extend L leg from hip (knees straight)															
	forward															
Space	sideward															
	backward															
Shape	5. extend R leg from hip (knees straight)															
	backward															
Level	forward															
	sideward															
	6. Using a rope (lying on floor by student)															
	step over the rope															
	walk around the rope															
	step on the rope															
	7. Form a circle on floor with rope															
	step inside the circle															
	step outside the circle															
	stand beside the circle															
Problem Solving	8. Move under the rope (Free Choice: students demonstrate through creative discovery)															
Locomotion	9. Walk															
	10. Run															
	11. Hop															
Rhythm	R foot															
	L foot															
Time	12. Leap															
	13. Gallop															
Control	R foot lead															
	L foot lead															
	14. Skip															
	15. Combinations															
	walk, feet together,															
	walk, (Waltz)															
	leap, walk, walk (Mazurka)															
	walk, walk, walk, hop (Schottische)															
Nonlo-motion	16. Jump															
	17. Fall down (collapse)															

Rudimentary Mechanics of Movement

Students

[illegible]

Glossary

Terminology

1. Movement Foundation Terms

- a. walk - a series of steps on alternate feet
- b. run - a series of quick, successive steps and only one foot should be touching the ground during execution
- c. jump - elevation into the air from two feet and landing on two feet
- d. hop - elevation into the air on one foot and landing on the same foot
- e. leap - elevation in the air from one foot and landing on the alternate foot
- f. skip - comprised of a step (or walk) and a hop.
- g. slide - gliding step-hop pattern, usually one foot maintains contact with the ground
- h. gallop - similar to a slide, although one foot takes the place of the other (in a step-hop pattern) and the elevation is directly up
- i. stork stand - stand on one foot (the supporting leg) and rest the other foot (working leg) so that ankle is placed on the inside of the knee of the supporting leg
- j. bear walk - bend over from the waist and touch the hands to the floor, try to keep legs straight and walk across the floor (this activity begins from a standing position)
- k. crab walk - lie in a supine position on the floor, then use the hands and legs to lift the body approximately 12" from the floor and begin to move using hands and feet

1. seat walk - sit on the floor with legs extended in front and back straight, alternating legs, lift the legs and move in either a forward, backward, or sideward direction across the floor (arms should be folded and placed in the lap)
 - m. wheelbarrow - one partner stands, the other partner lies on the floor in a prone position, the one standing lifts the feet of the partner off the ground until the partner is resting on the hands
 - n. hurdler's stretch - a flexibility exercise in which a person lies on the ground in a supine position with one leg bent so that the foot is resting near the hip of the same leg, the body is lifted up from the ground by the elbows and arms
 - o. butterfly - a flexibility exercise where the individual sits on the floor with the legs bent and pulled toward the torso and the feet (soles) are touching, the object is to gently push the knees closer to the ground
 - p. statues - the students are asked to move within a certain area of the room and to listen for the cues given by the instructor, the object is to move in response to the directions without contacting the body parts of other students who are participating in the task
2. Nonlocomotor -
 movement that initiates from point of the floor and that is fixed and terminates on that same point (examples:
 twisting the torso, swinging the arms, swinging the legs)

3. Locomotor -

movement where the body is transported from one point on the floor to a different point on the floor. (examples: leaping, running, walking, galloping, skipping)

4. Rhythm

- a. continuous - where every note or rest is allotted the same duration with regard to time
- b. broken - where one note or rest is allotted a longer or shorter duration of time than the others within a prescribed interval or measure (examples: skip, gallop, slide)
- c. lummi sticks - pairs of sticks that are approximately 10-12" in length and are made of a hard substance such as wood
- d. tinikling poles - long bamboo poles that are approximately 6' in length

5. dance step terms

- a. schottische - a step-step-step-hop movement combination performed in a continuous rhythm (the steps are alternating)
- b. polka - comprised of the same steps as the schottische and performed in a broken rhythm
- c. two-step - a step-together-step movement combination that is performed in this instance in a continuous rhythm
- d. mazurka - a leap-stamp-step movement combination performed in a continuous rhythm
- e. elbow swing - a couple grabs opposite elbows and swings around usually once
- f. Do-si-do - a couple pass each other's right shoulder, circle back-to-back, and return to their original places

- g. shuffle - the walking movement used in square dance, the feet remain in constant contact with the floor
- 6. Movement Components - the tools used by the choreographer to take basic steps and movements, combine them, and develop a dance routine
 - a. space - personal space includes the area between the body and the greatest distance away from the body that can be reached by the arms or legs from a fixed point on the floor whereas general space includes the space that we move into and away from and out of during locomotor movements
 - b. level - using the floor as a reference, it is the distance that the body moves in relation to the floor or that parts of the body move in relation to the floor
 - c. shape - the configurations or geometrical patterns that can be made with the body and its part (example: when rounding the arms to make a circle or semi-circle)
 - d. size - using the body and its parts to change the amount of space that is used (example: forming a ball with the body and decreasing the amount of space that is used)
 - e. focus - the direction, intensity, and focal point of the eyes
 - f. gesture - expression of the body in communicating a thought or idea
 - g. direction - movements of the body in a forward, sideward, backward, upward, or downward manner
 - h. pathways - movement of the body through space in a circular, straight, zig zag, or curved manner

7. Movement Qualities - The spices that are added to the choreography to add flavor to the dance routine or the dynamics
- a. percussive - a sharp, punctuated movement that utilizes a darting and quick energy level
 - b. sustained - the opposite of percussive, where the energy level remains constant (example: usually used to maintain a pose or when holding the arms out to the side for a period of time)
 - c. suspension - the cessation of the energy flow in a specific body part or parts, this differs from a collapse because it is that period of time when the body maintains its position in space, after the muscles have ceased to activate the movement and before the natural forces (e.g. gravity) take over
 - d. collapse - a cessation of the energy flow and the natural forces take over to control the movement (example: releasing those muscles that are responsible for maintaining an erect and standing body so that the body falls to the floor)
 - e. vibratory - often observed in the hands and fingers, the energy flow fibrillates to cause the body parts to shake
 - f. swinging - an example of a pendulum motion that evolves from a particular joint
8. Folk dance - dancing that is indigenous to certain countries, folk dancing teaches about the culture and social mores that are a central part of a particular country

9. Square dance - is often considered a specific type of American folk dance, partner dances are predominant and a caller is often used to direct the dancers
10. Creative dance - an expressive way to move that promotes individualization, instead of a choreographer, the instructor acts as a facilitator to encourage individuals to explore and experience movement through dance